

Abstract

This study aimed to identify correlates and predictors of life satisfaction among adults with mild to moderate mental retardation in Hong Kong. A total of 398 participants, including 226 males and 172 females, were recruited through 44 service units providing services to this population. A questionnaire was administered to the participants through face to face interview conducted by the service unit staff. The questionnaire included scales for assessing seven predictor variables, including: i) self esteem; ii) satisfaction with work/ training activities; iii) relationship with parents; iv) relationship with friends; v) relationship with the service unit staff; vi) social integration; vii) self-determination; and a criterion variable, i.e. life satisfaction. Significant positive correlation was found between the predictor variables and the criterion variable (life satisfaction), except self-determination. Further multiple regression analyses revealed that three variables, namely, i) satisfaction with work/ training activities; ii) relationship with parents; and iii) relationship with staff, significantly predicted life satisfaction among the participants. Implications of the findings on the planning and provision of services to individuals with mental retardation were discussed.